

THE ILAN

The Tree of Life (also called the *Ilan*) is the map of spiritual consciousness discussed in Kabbalah.

The Tree of Life describes how we are spiritually developing to experience the infinite goodness that is the source of reality. As we spiritually develop to deeper levels of giving and love, we ascend to higher levels of divine awareness.

The Tree of Life is comprised of 10 aspects of our inner self and levels of divine experience called *Sefirot*.

This art reflects the progression of the 10 *Sefirot* ascending through our five soul levels of: *Nefesh*, *Ruach*, *Neshama*, *Chaya* and *Yechida*.

Keter, the highest *Sefira* of each soul level, is depicted as the *Malchut*, the lowest *Sefira*, of the next level up. This reflects the idea that the highest love and goodness we can possibly conceive, is just the beginning of our next level of spiritual consciousness.

The 10 *Sefirot* and one of many ways of describing them:

<i>Keter</i>	Divine Source
<i>Chochma</i>	Oneness
<i>Bina</i>	Unconditional Love
<i>Chesed</i>	Loving Kindness
<i>Gevurah</i>	Humility
<i>Tiferet</i>	Balance
<i>Netzach</i>	Eternity
<i>Hod</i>	Thankfulness
<i>Yesod</i>	Unity
<i>Malchut</i>	Central Point in the Heart

An excellent introduction to the Tree of Life is *Innerspace* by Rabbi Aryeh Kaplan

Tzfat Gallery of Mystical Art

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